**PSHE in Hedgehog Class**

First things first what does PSHE stand for:

**P**ersonal

**S**ocial

**H**ealth

**E**conomic

PSHE has since September 2020 been compulsory for schools. The introduction to key stages 1 & 2 of relationship education and health education. It is a subject by which the children develop the knowledge and skills to keep themselves healthy and safe and better prepared for the challenge’s life will bring.



In practice Hedgehogs class have been focussing on Friendship (one of the school values) and have created some wonderful paintings and self-portraits - the other children in class then wrote kind words / phrases which they then stuck onto the pictures. These were shared with everyone.

 MORE BELOW

Children have made a worry doll to care for and have close by when they need to share a worry. This was completed in conjunction with sharing the book 'A huge bag of worries'. Children have been encouraged to share their worries and put any into the class 'Worry Box' - where they are then discussed and the whole class help solve the worries.